

Strand Theatre

SOUTH PARIS
L. G. DUREPO, Res. Mgr.

Program for Week of Sept. 24

SPECIAL NOTICE—All Friday matinees will start at 3:45 during the school year.

Monday, Sept. 24, Matinee and Evening

"The Bishop of the Ozarks"

Millard W. Howard's famous novel has been pictured with an all star cast. "Can a leopard change his spots?" Come and see for yourself.

Comedy—"The Messenger." ESOP'S FABLES
Prices, Matinee 10c and 25c. Evening 15c and 25c.

Tuesday, Sept. 25

HOOT GIBSON "OUT OF LUCK"

A roaring comedy thriller of rollicking action on land and sea. A laughing hit.

Comedy—"What Next?" International News.
Prices 15c and 25c.

Wednesday, Sept. 26, Matinee and Evening

BEN TURPIN

in his super-feature comedy

The Shriek of Araby

Mack Sennett has outdone all his previous successes with this one. It is five reels of rapid fire comedy with the cross-eyed comedian at his best.

Comedy—Al St. John in "A Tropical Romeo."
Topics of the Day.

Matinee, 15c and 25c. Evening, 15c and 35c.

Thursday, Sept. 27

CHARLES RAY "The Girl I Loved"

Charles Ray made such a hit in "The Old Swimmin' Hole" by James Whitcomb Riley, that he decided to film another of that famous poet's works. His effort was crowned with success. The pleasure is all yours.

Comedy—"The Imperfect Lover." Pathe Review.
All Seats 25c.

Friday, Sept. 28, Matinee and Evening

RICHARD TALMADGE "Watch Him Step"

Those who saw "Putting It Over" will surely want to see this one. Talmadge is a combination of Mix and Fairbanks, and his comedy thrill dramas are being favorably received everywhere.

Chapter 10 of "The Oregon Trail." International News.

Matinee 10c, 25c. Evening 15c, 25c.

Saturday, Sept. 29, Matinee and Evening

HARRY CAREY

"Good Men and True"

A Western feature that is guaranteed to make you shiver and shake and gasp in terror, and lose your breath from real excitement.

George O'Hare in Round 7 of "Fighting Blood."
Featurette, "The Man Who Always Sat Down."

Matinee 10c and 25c. Evening 15c and 25c.

COMING NEXT WEEK

Dustin Farnum in "Bucking the Barrier."
Ray Stewart in "The Love Brand."
"Mothers-in-Law." Watch for this one.

John Gilbert in "Madness of Youth."
Tom Mix in "Stepping Fast."

A new series of the "Leather Pushers" is coming with Reginald Denny playing the lead.

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HOMEMAVERS' COLUMN.

Correspondence on topics of interest to the ladies is solicited. Address: Editor, HOMEMAKERS' COLUMN, Oxford Democrat, South Paris, Me.

Common Sense and Lunches.

Probably no greater wrong is perpetrated upon human beings than the self-inflicted one of improperly selected lunches at midday. Cases of indigestion and other digestive disturbances find their origin in the noon meal. Restaurants and cafeterias are oftentimes unjustly blamed and criticized for poor cooking, when the fault lies entirely with the luncheon who selected a meal with utter disregard of his or her food requirements.

It is not so many years ago that the lunch basket was the usual thing to an office, and even the most fastidious girl seemed to have no hesitancy in carrying a lunch. But times have changed. Lunching out, especially in the cities, seems to be the vogue, and with but few exceptions every type of eating place welcomes women as well as men. Cafeterias, restaurants, and lunch rooms now offer bills of fare of sufficient variety to insure the privilege of a wise selection of food. To order a lunch and still keep fit for the afternoon's work is entirely within one's own discretion.

Competition among restaurants patronized by business luncheoners is keen. One may specialize on food with the home-cooked flavor; one may make a specialty of dessert; while yet another may be popular for its sea food. But on practically all the bills of fare one will find such dishes as chicken croquettes with mashed potatoes, Irish stew, pot roast with noodles, breaded veal cutlets with potatoes, hot roast beef sandwich with potatoes, and popovers scintillated with spaghetti. It does not seem to have occurred to these restaurateurs that the power of suggestion could be brought into play for their own profit as well as for the purpose of rendering their patrons a genuine service. For instead of placing vegetables and green stuffs off in columns by themselves, they could be printed near the meat items, under each individual item, naming those vegetables that should accompany the main dish. There is reason to believe that such an innovation would be appreciated by the eating public, as mistakes in food selection are made more because of unfamiliarity with food values and combinations than because of a perverse desire to "eat what I like because I like it."

The popularity of certain types of cafeteria is due not alone to its facilities for quick service, so necessary when one has but an hour at noon, but also to its method of displaying food. Trained dietitians are usually in charge of kitchens in such places, and no small part of their work is the supervision of the arrangement of food on the counters. They realize the palate appeal of attractive combinations and their suggestive value. Such a cafeteria practically does the selecting for its patrons and offers what is good for them whether the guest realizes it or not.

Of course it is well known that occupation has much to do with food requirements. The desk worker who hurriedly indulges in fast food, potatoes, custard pie and coffee, need not be surprised when he finds himself heavy and lousy about mid-afternoon. We are all lovers of starch and proteins to the exclusion of green stuffs and fruits, but if we would make it a practice to order apples, cold slaw, sprouts, onions, lettuce, or other vegetables with our meats, spaghetti, cheese dishes, and other protoplasmic foods, it would make for better efficiency. Indigestion is more closely associated with improper feeding than we are prone to believe. Some things green in every meal is an excellent rule to follow.

Desserts are good in their place, but the dessert should round out the meal. It plays just as important a part in balancing the meal as the main course. It is often necessary to place the entire order for lunch at once, and when we sit with a tempting menu before us and a cavernous appetite, strawberry shortcake, Boston cream pie, chocolate layer cake, and other sweets of that character make a strong appeal. But when we reach the dessert course, we find that there is much more to be done. A good plan to follow, when placing the entire order at one time, or in selecting food from a cafeteria counter, is to start light and finish heavy, so to speak. In other words, a heavy beginning will make a light ending, and when a heavy, tempting dessert is seen in the distance and coveted, the light ending should be a fruit salad. Just a little thought in the selection of lunches will mean greater ability for work and undoubtedly lower expenditure of money.

The person who carries a lunch from home is often to be envied. With the exception of a lunch to carry, wax paper, paper napkins, paper machine containers, fork, spoon, paper and salt shakers, and a thermos bottle. Each sandwich or other article of food should be wrapped individually in sufficient waxed paper to cover entirely, so as to keep it fresh. In using the paper machine containers, line them first with wax paper arranged in such manner as to prevent the filling from leaking out. In making sandwiches, do not skimp the filling. If one side of the bread is buttered generously, the other can be laid with the filling, but butter on both sides keeps the bread moist and prevents the filling from soaking through. Avoid using as filling any material that will make the sandwich soggy. If using lettuce in the sandwich, trim the overhanging edges neatly. In making sandwiches for a man or boy, use a slice of meat on the bread, but cut the sandwich through the center so that they may be eaten easily. In packing the lunch, try if possible to lay the food in the box in the order in which it will be eaten, or place together those articles which are to be eaten together.

The lunch for a girl or woman should perhaps be a little different than that for the boy or man. Remove the crusts from the bread, and the slices somewhat thinner, and include at least one sweet sandwich made with a jelly filling. Lunch for the school child is a problem in many homes. On one side of our acquaintance, who was underweight for her eleven years, showed an increase in weight when she began to take her lunches from home to school, instead of hurrying home and hurrying back, and finding it necessary to eat with one eye on the clock. This child was a fastidious eater and had strong aversions for certain types of food which unfortunately were the very ones which her system needed. She was a child of unusual intelligence for her years, and it was not a difficult task to change her habits when she was told the why and wherefore concerning her food requirements. She became interested in planning her own lunches, having been given a list of dairy sandwiches and other things which she could have, and it was gratifying to have her proudly announce that she was gaining in weight after two months of lunch carrying. She supplemented her lunch with a glass of milk or a dish of soup at the school lunch counter. In the case of this child it was not hard for her to take a lunch from home, for she was given to purchase the entire meal at the lunch counter, as she might have disregarded any suggestion given her.

To Pick Up Broken Glass—Whenever I have the misfortune to break a tumbler or other piece of glassware, I always use absorbent cotton to pick up the fine particles, dampening the cotton before using. This method is much more effective than a brush, especially on hard surfaces, as it gets even the smallest pieces and thus prevents the danger of illness entering the fingers.

When Wearing Bar Pins—If a safety scarf-pin clasp is slipped on a long hair pin before fastening it, it can not fall out even if it comes undone.

"Miss America"

King Neptune (Lynn Harding) and Miss America 1922 (May Campbell) of Columbus, Ohio) leading the rolling chair pageant. Miss America 1922 will be, as she has already been selected again as the nation's most beautiful bathing girl.



Miss America 1922



King Neptune (Lynn Harding)



May Campbell, Miss America 1922



First Grandchild of British Royal Family

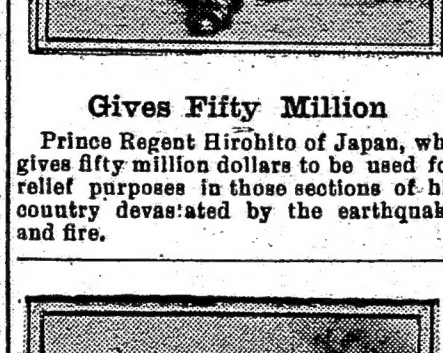
A recent photograph of Princess Mary, now the Viscountess Lascelles, with her baby son now a year old. The baby bears a striking resemblance to his father, the Viscount Lascelles, and by edict of King George will be privileged to bear title as a member of the royal family.



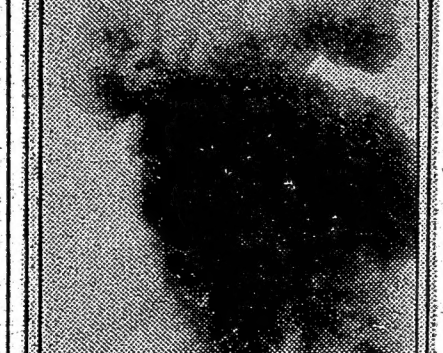
First Grandchild of British Royal Family



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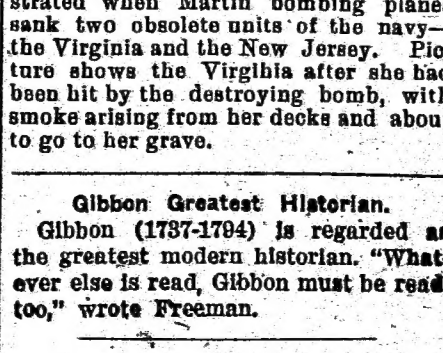
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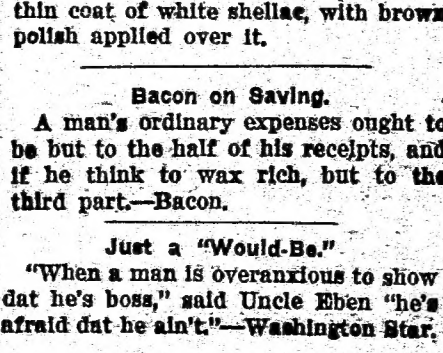
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NOTICE.

The subscriber hereby gives notice that she has been duly appointed executrix of the estate of FRANK E. CARLSON, late of Sumner, in the County of Oxford, deceased, without bond. All persons having demands against the estate of said deceased are desired to present the same for settlement, and all indebted there to are requested to make payment immediately.

FRANCES MAY PULSIFER, Executrix.

WALTER L. GRAY, Agent, South Paris, Me.

Sept. 5, 1922. 38-40

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